

Parenting the First Year

Months
11-12

How Baby Is Changing

Standing and cruising around the room by holding furniture keeps your baby very busy. Beware of objects such as tablecloths that can easily be pulled down. Think about safety.

Your baby may even take a few steps on her own. Some babies like standing so much they refuse to sit down, but this will wear off eventually.

In the meantime, you may have to diaper her while she is standing or keep a special toy just for diapering to get her to lay down.

Your baby may be able to say several words and may understand even more. She learns new words by hearing you talk to her. Talk with her about the objects around her.

Your baby may recognize people even if they change their hair or glasses or grow a mustache. Her memory for people is improving. She trusts and likes some people more than others. Don't be surprised if she is afraid of strangers and people she doesn't see often.

Toys, like shape-sorters and plastic bowls that let her fit small pieces into bigger ones, are special favorites at this age.

Hooked on Healthy Fish!

Fish are fun to catch and good to eat. Fish are high in protein and low in fat, but, some fish may contain mercury, which can harm children.

For women who are pregnant, planning to become pregnant, or breastfeeding and for children 15 or younger, we recommend the following:

Weekly

- One meal per week of canned light tuna. Light tuna is safer than white or albacore tuna.

OR

- One meal per week of breaded fish products (such as fish sticks or fingers) or sport fish (such as sunfish, yellow perch, bullheads or salmon).

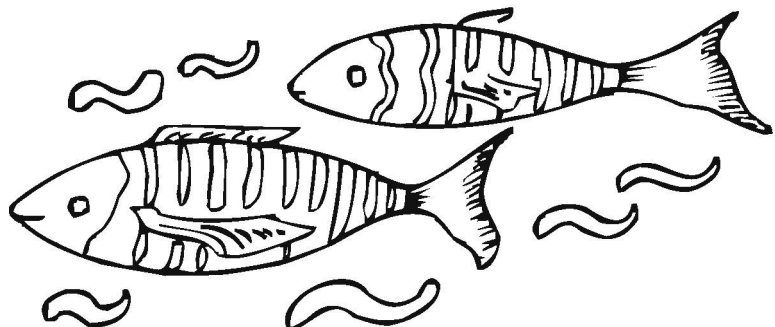
OR Monthly

- One meal per month of any smaller-sized (less than 4 pounds) sport fish like bass, walleye, northern pike or catfish or purchased fish like halibut, fish have high levels of mercury.

Never

- Never eat larger (4 pounds or more) bass, catfish, muskie, sauger, walleye or northern pike, as well as any size of swordfish, shark, king mackerel or tilefish. Larger fish feed on other fish that have high levels of mercury.

For more information about fish caught in North Dakota, visit www.health.state.nd.us/wq.



Your Baby Wants You To Know by the End of 12 Months

How I Grow

- I stand by myself for a moment or two.
- I hold a toy in one hand and pull myself up to my feet with the other hand.
- I may wave and turn around while standing without falling down.
- I walk if you hold one or both of my hands.
- I hold a washable marker or crayon, and I love to make marks.

How I Talk

- I know that words are used to identify things.
- I may use one word to mean a whole thought.
- I babble and mumble gibberish a lot.

How I Respond

- I copy everything I see, and then I do it my own way.
- I try to get your approval, and I hide when I know you're not pleased.
- I may test you to see what I can get away with.

How I Understand

- I see your expression and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or cat. I am learning how people, animals and things work.
- I like to look at pictures in books and magazines.
- I know that tools will help me. For instance, I push a chair in front of me to steady myself while walking.

How I Feel

- I may cling to you, especially in new situations.
- I love to shake my head and say *no* even when I mean *yes*.
- I may cry, scream and have tantrums if I don't get my way.

How You Can Help Me Learn

- Roll a ball on the floor for me to crawl after.
- Let me help you! Leave a plastic bowl or wooden spoon out so I can bring it to you.
- Help me practice turning pages of cloth or cardboard books. Soon I'll be able to do it alone.
- Let me hold cans and boxes of food at the grocery store. Show me the pictures and tell me what they are.
- Give me toys to sort by size, shape and color.

He or She, Him or Her

These newsletters give equal time to both sexes. That's why we take turns referring to children as "he" or "she." Keep in mind that we are talking about all children when we use "he" or "she."

REMINDER: Your baby should have a health-care provider visit at 1 year of age.

Children are very different from each other. Don't worry if your child manages some skills earlier or later than other children. Most children tend to focus on one area, like physical or language development, and pay less attention to other areas. Get to know your unique baby and celebrate each new skill with him!



Coping With Temper Tantrums

Babies at this age get frustrated and mad sometimes when they can't do what they want to do or can't tell you how they feel. Getting stuck halfway up the stairs, or not getting a cookie can sometimes trigger a temper tantrum.

What can you do when your baby is howling, screaming and kicking? If she is upset because she can't get off a step or sit down when standing, teach her how. Soon she will have the skills to do what she wants to do. Give her the words for her feelings — "You're scared because you can't get down. I can help you."

If your baby is upset because she can't have a cookie or play with your glasses, try to interest her in a different activity or object. Tell her, for example, "Glasses are to help Daddy see, not to play with." If this doesn't work, *ignore the tantrums*. Read, look out a window or turn the other way. Avoid eye contact during the tantrum, but stay nearby. The tantrum should only last a couple minutes.

When she sees that you're not paying attention, your child will eventually quiet down. Some children need help to calm down, so you may need to give her the words and offer to help. *Once your baby is calm, give her a hug and a little understanding. Her strong emotions are no fun for you, but they are scary for her.*

What if the temper tantrum is in a public place, like the grocery store? This is harder. Once again, try to interest her in something else, like a toy or a picture on a cereal box. Once a tantrum has begun, you may have to put up with it.

Your baby is not the first to have a tantrum in public and won't be the last. Even the people who frown or make comments have probably gone through it themselves. Ignore them and keep your cool.

Don't be tempted to spank her when she is having a tantrum. She is already out of control. It scares her even more when you are out of control and angry.

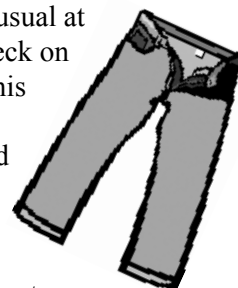
If you're embarrassed, leave the location with your child until she calms down.

Q and A

My baby likes to take off all his clothes and run around naked. How can I stop him from doing this?

Your baby sure is growing up! A few months ago he was just turning over. Now he may be coordinated enough to pull his clothes off, but not able to put them back on.

It is not unusual at this age to check on your baby in his crib and find him naked and giggling, proud of the new skill.



You may want to allow time to be naked before bath time. This may help avoid struggles later.

To slow him down, choose clothes that are harder for small hands to unfasten, like one-piece outfits or overalls.

You can also try putting clothes or sleepers on backwards so he can't reach the zippers.

Tell him why he needs to wear clothes. Explain that clothes are important to keep him warm, clean and safe. In time, he will understand why.

Be careful not to shame or humiliate your child as this is a fairly common behavior that most children grow out of.

By insisting your baby wear clothes, you are beginning to set limits for him. This is an important step in disciplining children.



Water Safety

Water play in the bathtub, at the pool or on the beach can be a lot of fun for your baby. However, it can be dangerous. **Drowning happens quickly and without warning, there is no cry for help.** Here are some tips to make water time safe and fun:

- The American Academy of Pediatrics (AAP) does not recommend swimming lessons until after a child's fourth birthday.
- Life jackets and flotation toys do not substitute for a watchful parent to prevent drowning. Never leave a young child alone near water, even for a few seconds.
- Teach your child to wait for an adult before getting into water.
- Watch out for small quantities of water. Babies have drowned in buckets and open toilet bowls because their heavy heads became trapped when they fell in while reaching to touch the water. Babies can drown in less than two inches of water.
- Teach proper poolside behavior. Don't allow running or rough play around the pool. Never leave a pool half-covered. A child could get trapped under the cover.
- If your baby swallows a lot of water when swimming, he may become sick.
- Use a waterproof sunscreen to prevent sunburns, SPF (Sun Protection Factor) 15 or higher. Reapply every two hours.
- Learn cardiopulmonary resuscitation (CPR).
- Supervise children swimming in pools.
- Store buckets, especially large five-gallon containers, so water can't collect in them.

Happy Birthday, Baby

The first birthday is a day to celebrate your child's birth and first year of life. If you choose to celebrate with a small family gathering or party, make it a meaningful time for both of you.

- If planning a party, consider your child's temperament. If she is highly active and excitable, plan a small, low-key gathering, if any. Any child can get overstimulated quickly, and anxiety rises if she is expected to act like a little adult.
- Timing is the key to a great party. Plan around your child's best time of day. It's always nice if the guest of honor is awake for her own celebration. Have a flexible timeline. Plans are important but may have to be changed.
- Plan a budget and stick to it. Think about the type of event you want, and list all costs (Don't forget the camera film). Review the list and decide what's most important. Parties can quickly become expensive ventures.
- Keep preparations simple. Decorations can add to the festivities, but also the dangers. Keep them out of reach. Latex balloons are an especially dangerous choking hazard for children younger than six.
- Limit the number of children invited. One rule of thumb is to ask one guest per year of age of the child. This year invite one child, next year two and so on.
- Gifts are best in moderation. If grandparents or others tend to overspend on gifts, your gift can be a toy box, shelves or plastic baskets or buckets to sort and store toys. Maybe it's time to start the baby a savings account for gifts of money.
- Adults can model saying, "Please," and "Thank you." Your one-year-old will catch on in a few years.
- Check all new toys for small or loose pieces. Store toys that aren't appropriate for the child's age.





Discipline: Setting Limits

Your child understands some words and may even be able to say a few. But she can't *think ahead* about what might happen, and she can only decide between the most basic choices. This means you have a challenge ahead: to help your child learn rules so she can eventually learn to manage her own behavior. How can you do this? Here are a few suggestions:

Be Brief — Your child understands short, simple phrases. Give reasons for your rules, but long, involved explanations won't be helpful at this age.

Be Clear — Your baby can understand the difference between splashing and not splashing in the bath. She cannot know that "splashing is OK if you don't get too much water on the floor." Keep directions simple for now.

Be Specific — Tell your child what she *can't* do and what she *can* do. If she is throwing blocks, tell her "Blocks are not for throwing. Here, stack the blocks like this." Be ready to give her a soft toy that *is* OK to throw or change activities. Tell her what to do, not what not to do.

Be Consistent — A child can adjust to small differences in rules set by two parents or by parents and child-care providers. But don't forbid an activity (like jumping on the bed) one minute and allow it the next. It's good to be flexible sometimes. But most of the time, try to make up your mind what you want and be firm about it.

Feelings are OK — Sometimes children do things that make parents angry. When you feel angry, admit it. But don't make your baby feel like a bad *person* just because she *did* something bad. Focus on the action rather than the child. Say in a firm voice, "That hurt when you hit me," or "I'm upset you spilled the milk. Here's a cloth for you to help me clean up the mess." When you admit your anger without yelling, calling names or hitting, you help her deal with her own angry feelings. In time she will learn to express anger without hurting others.

Take Baby Shopping

Shopping can be a fun outing, especially if your baby is rested and fed before the trip. Help her learn by talking to her and pointing out different products.

When you choose some apples, you can say, "We need four red apples. See? One, two, three, four." When you get cereal, show her the box, shake it and let her see what is inside it when you get home.

You might want to bring a toy from home or let her hold something unbreakable to keep her hands busy.

You might also consider bringing a snack or drink along to help pass the time as she rides in the cart.

Never leave your baby alone or allow her to stand in a grocery cart. Use the seat strap or bring one from home to keep her seated.

North Dakota's Genetics Program

The mission of the Division of Medical Genetics is to offer information, diagnostic services, education and support about current and future genetic health concerns for North Dakota patients and families.

Our comprehensive statewide clinical genetic/birth defects program provides and offers an extensive network of services both locally and nationally.

For more information call 701.777.4277.

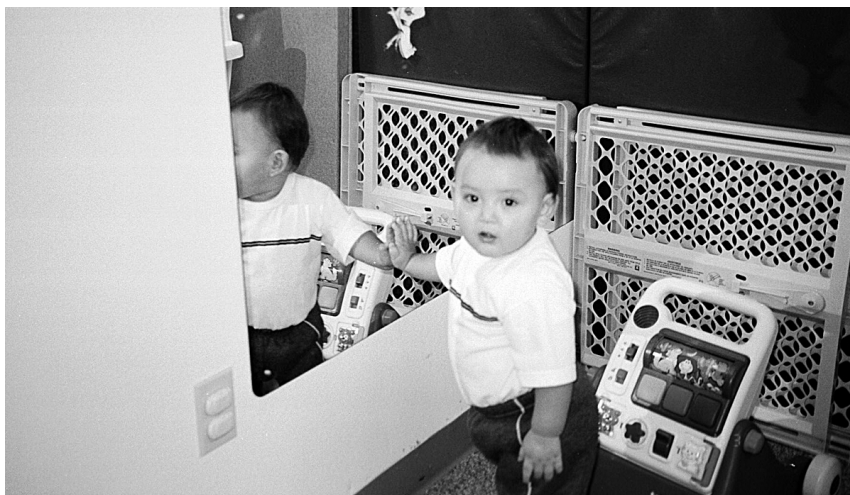
Concerned About Baby's Feedings

At this age, your baby isn't gaining weight as fast. This slowing of growth is normal since your baby is using more calories for her increased activity.

Worrying about what your baby eats or doesn't eat will only make both of you nervous. Don't expect your baby to clean her plate or eat "just one more" mouthful. Your child knows how much she needs to eat, so trust her to be the best judge of how much to eat.

You are responsible for offering nutritious foods for regular meals and snacks. Your child is responsible for deciding which foods, and how much of each food, to eat. If you force your baby to eat past the point where she's had enough, you can confuse her and make it harder for her to eat the right amount to grow well. If you try to get her to eat less, you can frighten her and make her eat more when she gets the chance. Either way, trying to control your baby's eating habits doesn't work well for you or your baby.

Your baby is becoming more independent, so if she wants to feed herself, let her – even if she makes a mess. At other times she will want you to feed her, and that's fine too. If you find that you and your child are struggling about food, talk to your pediatrician, public health professional or WIC nutritionist about working out a balance in this feeding relationship. Try to make mealtime enjoyable, and remember to be patient because your baby is learning.



A Mirror Game

Here is a mirror game you can play with your baby to help him learn what he looks like:

- Hold him on a bathroom counter or dresser in front of a mirror. Stand behind him and point to his reflection.
- Using your baby's name say, "I see Jason. Where is Jason? Find Jason. Look at Jason." Encourage him to point to himself in the mirror. "Here's my nose. Here's Jason's nose."
- Do the same thing with toys and other objects. Pick them up one at a time and move them behind his head. Bring them out into view on one side or the other. Your baby will love this!
- Name the objects and tell your baby something about each one, such as, "This is a ball, and it's round."
- Ask your baby, "Where is the ball?" Encourage him to point to it in the mirror.

Two Minutes to Fun

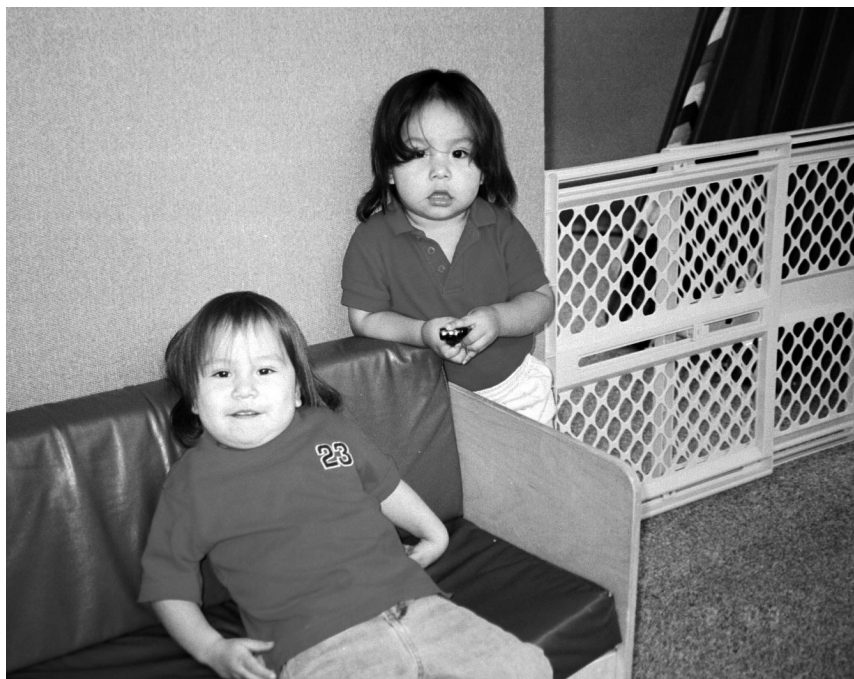
Some parents think they must set special times aside to play with their baby or to teach him new things. That's great, but sometimes you don't have big blocks of time. Even daily routines such as diapering, feeding and bathing can be rewarding and special.

Children are learning a lot during care-taking tasks. Think of these times as helping your child learn to trust and connect to you.

Children are happy with lots of little bits of your time and attention. They learn to amuse themselves with your help.

It takes less than two minutes to:

- Give your child a hug and a kiss.
- Sing a song.
- Tweak his toes.
- Play pat-a-cake or peek-a-boo.
- Show Baby his nose or chin and yours.
- Admire your baby's shoes.
- Read her a picture book.
- Tickle her tummy at bath time.
- Point out a pretty leaf or flower.
- Give your baby a big smile.
- Tell your baby how much you love her.



Good Days/Bad Days

All people — adults and children alike — have good and bad days.

Taking care of a young child can leave you feeling like you never have a moment to yourself unless you find it after midnight — and then it may be interrupted by a small cry. Besides that, if you're like most parents of young children, you can hardly keep your eyes open after 8 p.m.

You may wonder if someone else has found an easier way to do the job. On bad days, you might secretly ask yourself if you are doing anything right.

A lot of weariness goes along with being a parent. Remember that a bad day is usually followed by a good day.

Young children need parents who try to be their best with them, but that doesn't mean we succeed 100 percent of the time. Everyone makes mistakes. When you do or say something you wish you hadn't, make the changes you need to make and move on. No one can be a perfect parent, but everyone can learn from mistakes and get the help they need to do things better the next time.

Infants and toddlers can be demanding. If you sometimes feel that you are at the end of your rope, call your health-care provider, pastor or good friend to let off steam and to talk. Just because you sometimes feel you can't cope with your baby doesn't mean you don't care about or love him. And it doesn't mean you can't be a good parent. It simply shows that you are responsible enough to know when you need help. Take time for yourself and you'll be better equipped to handle the bad days.

Reminder:

Keep your baby rear-facing in his car seat until at least one year of age or until he reaches the upper rear-facing weight limit of his seat.

Right- or Left-Handed?

Children are learning to do many things during their early years of life. You might notice that your child uses his right hand one day and left hand the next. Perhaps during certain activities you notice he prefers one hand over the other. This is normal. Some children are very definite about which hand works best for them while others switch back and forth for several years.

It's important to allow your child to try each hand as he needs to. Avoid forcing him to use one hand over the other.

Circle of Parents Support Group

Circle of Parents is a mutual self-help support group model. The meetings are free for anyone in a parenting role. Parents lead the groups with the help of a trained facilitator, talk about anything relating to parenting, and never judge other people's situations or stories. For more information, call:

Bismarck/Mandan	701.667.3342
Devils Lake	701.662.7529
Dickinson	701.456.0007
Fargo	701.241.5700
Grand Forks	701.787.4216
Standing Rock	701.667.3342
Washburn	701.667.3342



NORTH DAKOTA
DEPARTMENT of HEALTH

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701.328.2493

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Help Is Out There

Health Insurance for Children

North Dakota Healthy Steps...

North Dakota Healthy Steps is North Dakota's new Children's Health Insurance Program. It is intended to provide health insurance coverage to uninsured children from working families in North Dakota. For more information call 800.755.2604 or visit www.state.nd.us/childrenshealth.

Who is covered?

Children 19 and younger, not covered by other insurance such as Medicaid.

Services covered include:

- Inpatient and outpatient hospital stays.
- Psychiatric and substance abuse services.
- Prescription medication.
- Routine preventive services and immunizations.
- Preventive dental and vision services.
- Prenatal services.



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